

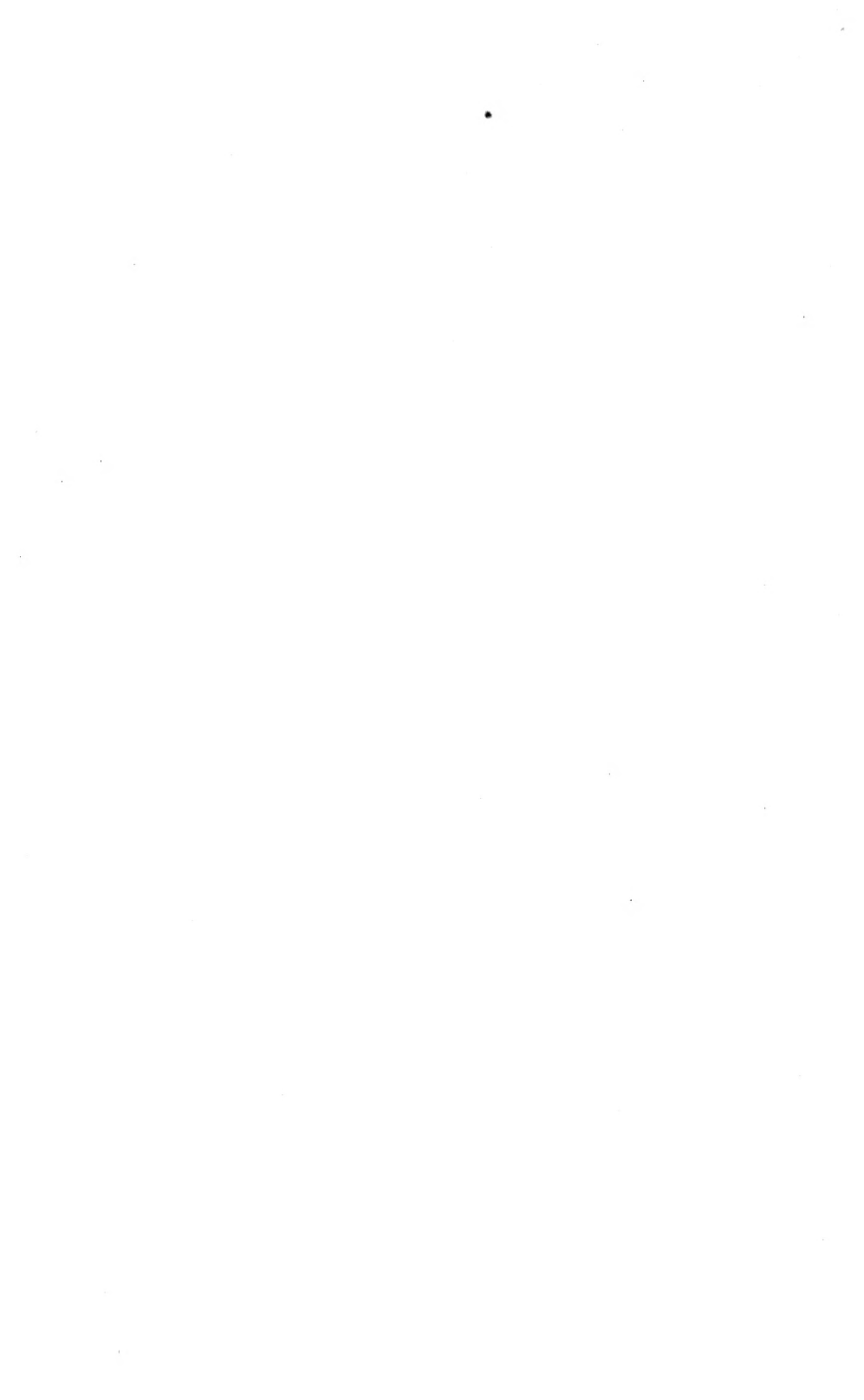
How to Use Left-Overs

ISSUED BY

MAYOR MITCHEL'S COMMITTEE
ON FOOD SUPPLY

JOHN PURROY MITCHEL, Mayor
GEORGE W. PERKINS, - Chairman
JOSEPH HARTIGAN, - Secretary

JANUARY, 1915



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HOW TO USE LEFT-OVERS

INTRODUCTION

TO THE PURCHASING PUBLIC:

European housewives are noted for knowing how to combine left-overs in such a way as to make most savory and nourishing dishes; indeed, it is a common saying that a European family can live on what the average family in this country throws away.

Every scrap of food left over from a meal can be used in some way.

LEARN TO SAVE MONEY BY AVOIDING WASTE.

If possible, buy for more than just one meal at a time; in other words, when buying, plan to have something left over for another meal, particularly where the first cooking takes a long time or where the food can be reheated to advantage. This will save you time, labor and money.

This pamphlet contains over one hundred and twenty-five suggestions on the use that can be made of various left-overs. We have also issued a pamphlet on vegetables. It contains a lot of useful information, gives a list of the various vegetables to be had in the New York market from time to time, tells just how each one can be cooked, how to make fourteen different vegetable soups, etc.

We have also issued a very useful booklet on fish. It gives directions for cooking about seventy-five fish dishes, both fresh and salt, and also tells how to make fish soups, fish chowders, fish salads, etc.

We have also issued a pamphlet on substitutes for meat. It contains some very interesting information on this subject and gives directions for cooking about one hundred and fifty nourishing and appetizing dishes that can be used in place of meat.

*All these pamphlets have been prepared with the object of helping YOU. They will enable you to cut down your living expenses, to save the waste, to vary your diet; in short, **THEY WILL HELP YOU TO LIVE BETTER FOR LESS MONEY.***

If you have not a copy of each one of these pamphlets, write us at once and we will be glad to send them to you.

MAYOR MITCHEL'S FOOD SUPPLY COMMITTEE,
City Hall, New York City.

LEFT-OVER MEAT

Do not reheat left-over cooked meat for a long time at a great heat, as this will make the meat tough.

Left-over cooked meat will be much more palatable if highly seasoned.

Left-over beef, lamb, mutton and veal are excellent for hash, scalloped dishes, croquettes, a loaf, and salads.

Left-over beef, lamb or mutton make excellent stews, with the addition of any left-over vegetables. Any left-over meat, vegetables and gravy may be used to make a meat pie.

A left-over ham bone will greatly improve the flavor of pea or bean soup.

Any kind of cold meat may be chopped and used in an omelet or, combined with rice and tomatoes, used for a scalloped dish.

WARMED OVER BEEF. Melt two tablespoons butter, add two tablespoons flour, and pour on, *gradually*, one-half cup stewed and strained tomatoes and one-fourth cup stock or water. Season with one-half teaspoon salt, one-eighth teaspoon paprika, and a few drops onion juice. Add one cup rare cooked chopped beef; cook one minute, and serve.

PANADA OF BEEF. Chop sufficient cold cooked beef to make one pint; season with a teaspoonful of salt, a tablespoonful of chopped parsley and a dash of pepper. Put this in the bottom of a baking dish. Crush six Uneeda biscuits, pour over them a half pint of milk, let them stand a minute or two, add one egg, well beaten, a half teaspoonful of salt and a saltspoonful of pepper. Pour this over the beef and bake in a moderate oven twenty minutes to a half hour.

Other meats may be substituted for beef.

BEEF LOAF (of Cold Beef). Soak one tablespoonful of gelatine in one-half cup of cold water ten minutes. Then heat a quarter of a cup of well-seasoned stewed tomatoes to boiling, and pour over gelatine, stirring well until gelatine is dissolved. Have ready two cups of chopped and seasoned meat mixed with one tablespoonful of lemon juice and one small sour pickle minced fine. Stir tomato into meat mixture and mould in an earthen dish. Let stand in mould until jelly is stiff. Serve cold. (Equally good for Lamb or Mutton.)

FIRE ISLAND STEW. Melt two tablespoonfuls of butter; add one small onion and cook together until very slightly browned. To this add one and one-half cups of stewed tomatoes and let boil slowly for about 15 minutes or until tomatoes are somewhat thickened. Then add one and one-half cups of cooked macaroni and let all cook together, until well thickened. Just before the dinner hour, put into saucepan one and one-half to two cups of remnants of tender roast beef, cut small, and thoroughly heat. Do not let the stew boil after the meat is added.

SCALLOP OF ROAST BEEF WITH RICE. Season the rice with one teaspoonful of bacon fat to each cup of rice used and put a layer in a baking dish. Cover with cold roast beef chopped not too fine, then

a layer of sliced or stewed tomatoes, seasoned well with salt and pepper and dots of butter. Repeat until the dish is nearly filled, and cover with buttered bread crumbs. Brown lightly in oven.

BEEF FRITTERS. Chop sufficient cold cooked beef to make one pint; add to it a teaspoonful of salt, and a quarter of a teaspoonful of pepper. Beat two eggs until light, add to them a half pint of water or stock; stir into this one and a half cups of flour, beat until smooth; then add a teaspoonful of baking powder and the meat. Mix well and drop by spoonfuls into smoking hot, deep fat; cook about three minutes, drain on brown paper, and serve either on a folded napkin, or in a dish with tomato sauce.

BEEF CROQUETTES, No. 1. Chop fine one cup of cold, cooked, lean beef; add half cup of fat, half cup of cold boiled or fried ham (cold pork will do if you have not the ham); also mince up a slice of onion. Season all with a quarter of a teaspoonful of pepper and a teaspoonful of powdered sage or parsley, if liked. Heat together with half a cup of stock or milk; when cool add a beaten egg. Form the mixture into balls, slightly flattened, roll in egg and bread crumbs, or flour and egg. Fry in hot lard or beef drippings. Serve on a platter and garnish with sprigs of parsley.

Almost any cold meat can be used instead of beef.

BEEF CROQUETTES, No. 2. Take cold roast or corned beef. Put it into a wooden bowl and chop it fine. Mix with it about twice the quantity of hot mashed potatoes well seasoned with butter and salt. Beat up an egg and work it into the potato and meat, then form the mixture into little cakes the size of fish balls. Flatten them a little; roll in flour or egg and cracker crumbs, fry in butter and lard mixed, browning on both sides. Serve piping hot.

BEEF CROQUETTES MADE FROM SOUP MEAT. Chop the meat very fine. Season highly with salt, pepper and celery salt. Add a little grated nutmeg if desired. To two cups of the chopped meat add one beaten egg and moisten with enough tomato sauce to shape into croquettes. Roll in egg and crumbs and fry in smoking hot deep fat. Serve with remainder of tomato sauce reheated and strained.

BOUILLI SALAD. Cut beef that has been boiled for soup into half-inch dice; season with onion juice. Mix lightly with some cold boiled potatoes cut into half-inch dice, and some parsley chopped fine. Pour over it a French dressing, or Mayonnaise. Garnish with hard-boiled eggs and lettuce.

MEAT AND POTATO CROQUETTES. Put in a stewpan an ounce of butter and a slice of onion minced fine; when this simmers add a level teaspoonful of sifted flour; stir the mixture until it becomes smooth and frothy; then add half a cupful of milk and season with salt and pepper; let it come to a boil, stirring it all the while. Now add a cupful of cold meat chopped fine, and a cupful of cold or hot mashed potato. Mix all thoroughly and spread on a plate to cool. When cool, shape into balls or rolls. Dip them in beaten egg and roll in cracker or bread crumbs. Drop into smoking hot deep fat and fry about two

minutes until a delicate brown; take them out with a skimmer and drain on a piece of brown paper. Serve immediately while hot. Cold rice or hominy may be used in place of the potato; or a cupful of cold fish, minced fine, may be used in place of meat.

BAKED HASH.

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|--------------------------------|--------------------------------------|
| 1 pint of chopped cooked meat | $\frac{1}{2}$ pint of gravy or water |
| 1 pint of chopped raw potatoes | 1 tablespoonful of butter, melted |
| | Salt and pepper to taste |

Mix all the ingredients together, turn into a mould and bake in a moderate oven one hour.

FRICANDELLES.

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| 2 cups of left-over meat, chopped fine | 1 tablespoon chopped parsley |
| 2 tablespoons bread crumbs or 1 cup mashed potatoes | 1 teaspoon onion juice |
| | 1 raw egg |
| | Salt and pepper to taste. |

Mix ingredients, pat into round flat cakes, and fry in hot butter until brown. Serve with brown gravy, to which has been added a few drops of Worcestershire Sauce.

MEAT PIE. Combine any left-over meat and vegetables and put into a baking dish. Over this pour any gravy you may have. Then make a biscuit crust and place it over the top of the baking dish. Put in oven and bake until the crust is brown.

Biscuit Crust.

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|-----------------------------|--|
| 1 cup flour | Enough milk to make a soft dough |
| 2 teaspoons baking powder | (about $\frac{1}{4}$ to $\frac{1}{2}$ cup) |
| $\frac{1}{2}$ teaspoon salt | 4 level teaspoons butter |

Mix and sift the dry ingredients. Then rub in the butter until the mixture looks like meal. Add milk gradually. When all is moistened, turn out on to a floured board; roll out to about one-fourth inch in thickness and spread over the top of the dish.

COTTAGE PIE, No. 1. Mix any left-over meat with a white sauce or some meat gravy and put in a baking dish. Take any left-over vegetables and mash them with a little milk. Spread this over the top of the meat and then bake in the oven until brown.

COTTAGE PIE, No. 2.

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|-----------------------------|-------------------------------|
| 1 cup chopped meat | $\frac{1}{2}$ cup hot milk |
| 1 cup hot water or gravy | 1 tablespoon butter |
| 2 cups hot mashed potato | Few grains celery salt |
| $\frac{1}{2}$ teaspoon salt | $\frac{1}{8}$ teaspoon pepper |

Put meat in an earthen dish, add salt and pepper to taste, and the hot water. Mix the remaining ingredients with the mashed potato, and spread on top of meat; bake in hot oven until potato is brown.

PRESSED MEAT.

1 quart of cold, cooked meat, chopped fine	1 teaspoonful of cinnamon
$\frac{1}{2}$ teaspoonful cloves	1 teaspoonful of allspice
$\frac{1}{4}$ teaspoonful of black pep- per	$\frac{1}{4}$ teaspoonful of mace
	1 cup of boiling stock
	Salt to taste

Mix all the ingredients together, then press into a square mould and stand in a cold place to cool. When cold, turn it from the mould, cut it into slices, and serve. For this you can use any meat left from soups.

SOUR HASH. Make a brown gravy; add to it about two teaspoons of vinegar, a few drops of Kitchen Bouquet, and a piece of bay leaf. Salt and pepper to taste. (These proportions will be about right for one and one-half cup gravy.) Cut cold meat in one-half inch cubes and cook slowly in the gravy for half an hour. If too sour, add a little sugar.

BROWNEED HASH. Mix with cooked meat, chopped fine, half as much mashed potatoes and any or all of the following "left-over" vegetables: Corn, string beans, stewed tomatoes, onions, carrots, celery or cabbage—all chopped fine. Put some fat into a heavy iron pan, and when it is smoking hot, spread the mixture over it. Let it heat and brown slowly. Then fold it over and serve on a warm platter with poached eggs on top, or with tomato sauce, with some green and red sweet peppers cooked in it.

SHEPHERD'S PIE.

1 pound of cold mutton	1 tablespoonful of butter
1 pint of cold boiled potatoes	$\frac{1}{2}$ cup of stock or water
Salt and pepper to taste.	

The Crust.

4 good-sized potatoes	$\frac{1}{4}$ cup of cream or milk
Salt and pepper to taste.	

Cut the mutton and boiled potatoes into pieces about one inch square; put them in a deep pie or baking-dish, add the stock or water, salt, pepper, and half the butter cut into small bits. Then make the crust as follows: Pare and boil the potatoes, then mash them, add the cream or milk, the remainder of the butter, salt and pepper. Beat until light. Now add flour enough to make a soft dough—about one cupful. Roll it out into a sheet, make a hole in the centre of the crust, to allow the escape of steam. Bake in a moderate oven one hour, serve in the same dish.

SCALLOPED MUTTON.

2 cups tomato sauce	1 cup cracker crumbs
1 cup cooked macaroni	$\frac{1}{3}$ cup melted butter
2 cups mutton cut in cubes	Salt and pepper

Arrange the macaroni, mutton, and tomato sauce in layers, sprinkle each layer with salt and pepper, and cover the top with the cracker crumbs which have been mixed with the butter; bake in a moderate oven until the crumbs are brown.

SCALLOP OF MUTTON. Take scraps of cold mutton and cut in small pieces; put a layer in the bottom of a baking-dish, then a layer of stewed tomatoes, then a layer of bread crumbs; sprinkle with salt and pepper, and over it put a few bits of butter, then another layer of meat, and so on until the dish is full. Have the last layer crumbs. Bake in a moderate oven until crumbs are brown.

SCRAMBLED MUTTON.

2 cups cold mutton, chopped	1 tablespoon butter
2 tablespoons hot water	3 eggs
Pepper and salt.	

Add the meat to the hot water and butter. When the meat is hot, break in the eggs and stir constantly until the eggs begin to stiffen. Season with pepper and salt.

CURRY OF MUTTON.

1 pint of finely-chopped mutton	$\frac{1}{2}$ cupful of rice
1 tablespoonful of butter	1 tablespoonful curry powder
1 tablespoonful of flour	2 quarts boiling water
	Salt to taste.

Wash the rice and put it in the boiling water; let it boil thirty-five minutes. Drain in a colander. Now put the butter in a frying-pan; when melted, add the flour and stir until smooth; add a half-pint of boiling water; let boil up once, then add meat, curry and salt. Stir ten minutes. Now heap it in the centre of a meat dish, and put the rice around, in a border. Brush all over with beaten egg, and place in the oven a few minutes to brown.

HASHED MUTTON. Cook two tablespoons butter with one tablespoon finely chopped onion, five minutes. Add two tablespoons flour, and pour on *gradually*, one cup stock. Add one cup cold chopped, cooked mutton, one-half cup cold boiled potatoes, cut in dice, and one tomato, skinned and cut in small pieces. Season with salt, pepper, and celery salt; cover and cook in double boiler for ten minutes.

MUTTON OR LAMB CROQUETTES.

2 cups finely-chopped meat	1 cup white sauce
1 tablespoonful chopped capers	1 cup cooked rice
	1 tablespoonful lemon juice
Salt and pepper.	

Mix all together and set away to get cold. When ready to form, take up by full tablespoonfuls and shape into cylinders. Roll gently in finely sifted white bread crumbs, then in egg (slightly beaten with one tablespoonful of cold water) being careful that every part of the croquette is covered with egg and then again in crumbs. Fry lightly in smoking hot deep fat.

ORIENTAL STEW. Simmer gently together

2 cups cold lamb or mutton, cut in cubes	1 chopped onion
1 cup of water	2 small cold potatoes sliced
2 tablespoons of butter	1 cup of cooked peas or cooked string beans chopped

Season with salt, pepper and a very little curry powder, if liked. While stew is heating boil one-half cup of well-mashed rice. When tender, put into hot vegetable dish; hollow out the centre and fill with the stew. Serve at once.

LAMB (TURKISH STYLE). Brown a small onion and one-third of a cup of well-mashed rice in butter or beef drippings. Add one cup of stewed tomatoes, one cup of lamb or mutton cut in squares, four tablespoons of minced carrot, one teaspoon of horseradish, salt and pepper to taste. Make quite moist with gravy or hot water. Cover closely and simmer until the rice is soft and the water absorbed. Serve on hot platter.

LAMB TERRAPIN. Mix two cups cold cooked lamb, cut in small pieces, two hard-cooked eggs, chopped fine, two tablespoons olive oil. Let stand two minutes. Melt two tablespoons butter; add two tablespoons flour, one teaspoon mustard, one teaspoon Worcestershire Sauce, and one cup Lamb Stock, or milk. Cook five minutes. Add lamb and eggs and serve on graham toast.

LAMB COLLOPS WITH TOMATO SAUCE. Take small, thick pieces of roast lamb or boiled mutton. Sprinkle with salt and pepper, dip in crumbs, egg and crumbs, and fry in a hot saucepan, using enough butter to prevent burning. Serve with tomato sauce.

MINCED LAMB. Chop remnants of cold roast lamb; there should be one cup. Put two tablespoons butter in hot saucepan, add lamb, sprinkle with salt, pepper and celery salt, and dredge thoroughly with flour; then add enough stock or water to moisten. Serve on small slices of buttered toast.

ROAST LAMB OR BEEF RE-HEATED. In warming up a leg of lamb or standing rib roast of beef, heap up the cavity left after carving with mashed potato. Brush over with melted butter and brown in oven.

VEAL CROQUETTES. Cut one pint cooked veal in small pieces; add one tablespoon salt, one-quarter teaspoon pepper, one tablespoon lemon juice. Melt three tablespoons butter; add two tablespoons finely minced onion, three tablespoons flour, and three-fourths cup milk or veal stock. Boil five minutes. Add two eggs well beaten. Stir constantly until thick. Mix with veal mixture and cool. Shape, allowing a rounding tablespoonful for each croquette. Dip in crumbs, egg and crumbs, and fry in smoking hot deep fat. Serve with or without White Sauce.

HASH BALLS. Chop cold cooked, corned beef from which the skin, gristle, and most of the fat have been removed. Add an equal quantity of cold boiled potatoes, chopped and seasoned with salt, pepper and onion juice. Moisten with milk or cream, make into small flat cakes, and cook in a hot buttered frying pan. Brown on one side, turn and brown other side.

HAM ON TOAST.

1 cup of cold boiled ham
Yolks of two eggs

$\frac{1}{4}$ teaspoonful of mustard
Dash of cayenne

Chop the ham very fine. Beat the yolks until light, add them to ham, add the seasoning, stir the whole over the fire until the eggs are cooked. Serve immediately on squares of buttered toast.

WARMED-OVER BAKED BEANS. Put into a hot frying-pan some of the pork cooked with the beans. When the fat has melted and is hot, pour in the beans, cover and set pan back on stove, when beans will cook slowly and brown underneath. Fold over like an omelet; turn out on a hot platter and serve with tomato sauce.

CROQUETTES OF ODDS AND ENDS. These are made of any scraps or bits of food left from one or more meals. Any left over food should be well chopped and creamed, mixed with one raw egg, a little flour and butter, and boiling water, then made into cakes and fried in smoking hot deep fat.

LEFT-OVER POULTRY

Left-over chicken or turkey makes excellent hash, scalloped dishes, croquettes, cream dishes, and salads.

The carcass of a chicken or a turkey makes a splendid soup.

Stuffing left from chicken or turkey may be sliced thin, browned in the oven, and served on toast.

CREAMED CHICKEN HASH ON TOAST. This is one of the tastiest of all the warmed-over chicken dishes. Chop the chicken fine, and to each pint allow one tablespoonful of butter, one of flour and a half pint of milk. Rub the butter and flour together, add the milk, stir over the fire until boiling; season the meat with a teaspoonful of salt and a dash of pepper, add to the milk sauce, and cook in double boiler for fifteen minutes. Heap this on squares of nicely toasted bread and serve at once, or you may garnish the tops with carefully poached eggs.

BLANQUETTE OF CHICKEN. A blanquette may be made from any cold cooked chicken or veal, cut into pieces about half an inch square. To every pint of these pieces allow

1 gill of stock or water	1 tablespoon of flour
1 gill of milk or cream	Yolks of two eggs
1 tablespoon of butter	Salt and pepper to taste

Put the butter in a frying-pan to melt (do not brown); then add the flour; mix until smooth; add the stock, milk or cream, salt, and pepper; stir continually until it boils; then add the meat, and stand over a very moderate fire until hot. Take from the fire, add the yolks well beaten, and serve at once in a small heated dish.

Do not boil after adding the yolks, or it will curdle.

MINCED CHICKEN WITH GREEN PEPPERS. Boil two green peppers ten minutes, remove seeds, and cut in small strips; mix with two cups cold cooked fowl, cut in dice. Melt three tablespoons butter, add three tablespoons flour, and pour on gradually one and one-third cups chicken stock. Add chicken and peppers. Season with salt and pepper, and serve on circular pieces of toast.

CREAMED CHICKEN AND PEAS. Melt four tablespoons butter, add five tablespoons flour, mixed with one-fourth teaspoon salt and one-eighth teaspoon pepper. Pour on gradually one and three-fourths cups milk. When sauce thickens, add one and one-half cups cold boiled fowl, cut in dice, and two-thirds cup left-over peas. Cook for about two minutes.

CHICKEN WITH TOMATOES. Cook four tablespoons butter, with one-quarter of a small onion, finely chopped, five minutes. Add five tablespoons flour, and stir until slightly browned. Pour on, *gradually*, three-fourths cup each chicken stock and stewed and strained tomatoes. Add one teaspoon lemon juice, one-half teaspoon salt, and one-eighth teaspoon paprika. Add one and one-half cups cold boiled fowl, cut in cubes. Cook for about two minutes.

CHICKEN CROQUETTES. Make a white sauce. Chop chicken fine and season with salt, pepper, and a few drops of onion juice. Put into hot sauce all the seasoned chicken it will take up, about two cups of chicken to one of sauce. Cool. Shape into croquettes; roll in bread crumbs, then in egg (which has been slightly beaten together with one tablespoonful of cold water), then in crumbs again. Fry in smoking hot deep fat, and serve with white sauce. Veal or fresh pork may be used in same way.

CHICKEN CUSTARD. When boiling a fowl for salad or other purposes, take a pint of the broth. Season as needed, with salt and a little pepper. Heat and pour very slowly over two eggs that have been slightly beaten. Cook in a double boiler until the mixture thickens. Pour into small cups that have been rinsed with cold water, and set away to chill. This makes a good relish for invalids.

SCALLOP OF CHICKEN OR TURKEY WITH CELERY. Cook one cup of celery, cut in inch pieces, in boiling slightly salted water until tender. Save the water to make sauce. Slice thin two cups of cold chicken, discarding all skin; season with salt and pepper, and moisten with a little left-over gravy. Melt two tablespoons of butter, stir in two tablespoons of flour, and, when bubbling, add slowly one cup of celery water, one-half cup of milk, one-quarter teaspoon of salt, and a little pepper. When thickened and smooth, stir in the cooked celery. Put a few buttered crumbs in a baking dish and arrange the chicken and sauce in alternate layers. Cover with buttered crumbs. Brown in a hot oven.

CHICKEN OR TURKEY TIMBALE. When no more slices can be cut from a cooked chicken or turkey, take the bits near the bones, chop fine, and to two cups of such meat allow one cup of soft white bread crumbs and one-half cup of hot milk. Mix the crumbs and hot milk together; then add the chopped meat and yolks of two eggs. Season with one teaspoonful of salt and one-quarter teaspoonful of pepper. Beat the whites *slightly*—they must not be frothy—and mix them well in. Turn the mixtures into a buttered pan or mould; set in a pan of hot water and cook in a moderate oven about one hour. Carefully unmould on a hot platter, and serve.

CHICKEN OR TURKEY HASH.

1½ cups cold chopped
chicken

¾ cup boiled potato
½ to ⅔ cup chicken gravy

Cut potatoes in small pieces. Mix together, season highly, and moisten with the chicken gravy. Butter a baking dish; put in the mixture, covering the top with buttered crumbs. Bake for about fifteen minutes in a hot oven.

TURKEY WARMED OVER. Pieces of cold turkey or chicken may be warmed up with a little butter in a frying pan. Place it on a warm platter, surround it with pieces of small thick slices of bread, first dipping them in hot salted water; then place the platter in a warm oven with the door open. Have ready the following gravy to pour over all: Into the frying pan put a large spoonful of butter, one or two cupfuls of milk, and any gravy that may be left over. Bring it to a boil; then add sufficient flour, wet in a little cold milk or water, to make it the consistency of cream. Season with salt, pepper, and add a little of the dark meat chopped fine. Let the sauce cook a few moments; then pour over the turkey.

LEFT-OVER FISH

Any left-over fish can be used for creamed dishes, croquettes, fish, pudding and scalloped dishes.

CREAMED FISH. Pick the fish into small pieces and heat in milk. Melt one tablespoonful of butter, add one tablespoonful of flour, and pour on gradually one cup hot milk. Stir until it thickens slightly. Add fish and cook gently for one minute. Turn on a hot platter and garnish with slices of hard-boiled eggs. Serve with baked potatoes.

CREAMED CODFISH. Pick the cooked fish into small pieces. Make one pint white sauce (see Sauces). Grease a baking dish, fill with alternate layers of fish and sauce, seasoning with salt, pepper, chopped parsley and lemon juice or a few drops of vinegar. Mix together one cup dry breadcrumbs and three tablespoonfuls melted butter; spread over top and brown in quick oven.

This may be varied by using tomato, Béchamel, curry or any other sauce, or by adding grated cheese or sliced hard-boiled eggs to the white sauce; by baking in shells or patty-pans in place of the deep dish, or by covering with mashed potato or biscuit crust instead of crumbs.

CURRIED COD. Two slices large cod, or remains of any cod-fish, three ounces butter, one onion sliced, a teacup of white stock or water, thickening of butter and flour, one tablespoonful of curry powder, one-quarter pint of milk or cream, salt and cayenne to taste. Flake the fish, and fry to a nice brown color with the butter and onions; put this in a stewpan, add the stock and thickening, simmer for ten minutes. Stir the curry powder into the cream; put it with the seasoning into the other ingredients; let it come to the boil and serve. Sufficient for four persons.

FISH BALLS. Take any left-over fish, put it in your chopping tray, being careful that there are no bones in it; chop fine. Pare and boil potatoes enough to have twice the quantity of potatoes that you have of fish. When cooked turn them into the tray with the fish, mash fine, and make into balls about the size of an egg. Flour the outside lightly; have the fat boiling hot, and fry a light brown. The fat should be half lard and half salt pork. Have the slices of pork a nice brown, and serve with the fish balls.

DROPPED FISH BALLS. One-half pint of raw fish, one heaping pint of pared potatoes (let the potatoes be under medium size), two eggs, butter the size of an egg, and a little pepper. Cut the fish in half-inch slices across the grain, and measure it lightly. Put the potatoes into the boiler and the fish on top of them; then cover with boiling water and boil half an hour, or until tender. Drain off all the water and mash fish and potatoes together until fine and light. Then add the butter and pepper and the eggs, well beaten. Have a deep kettle of boiling fat. Dip a tablespoon in it and then take up a spoonful of the mixture, having care to get it into as good shape as possible. Drop into the boiling fat and cook until brown, which should be in two minutes. Be careful not to crowd the balls, and also that the fat is hot enough. The spoon should be dipped in the fat every time you take a spoonful of the mixture. These balls are delicious. Salt fish can also be used to make these.

FISH CROQUETTES, No. 1. Put one large tablespoonful of butter in a saucepan. Let it bubble, then put in a little onion cut in small pieces, then a large spoonful of flour and some salt and pepper; then put in your fish and beat it up, then put the yolk of an egg in and beat it up. Put away to cool. When cool form into cone shape and roll in cracker crumbs again and fry in hot fat.

FISH CROQUETTES, No. 2.

2 cups cold cooked fish	Lemon juice and onion juice
Salt and pepper	1 cup croquette sauce
1 tablespoon chopped parsley.	

Mix all ingredients; add more lemon juice if needed. Shape, dip in crumbs, egg and crumbs, fry in smoking hot deep fat.

One cup tomato may be substituted for the one cup milk or stock in croquette sauce.

SAUCE FOR CROQUETTE MIXTURES.

3 tablespoons butter	Salt and pepper
5 tablespoons flour	Celery salt
1 cup stock or milk	Lemon juice
Few drops onion juice.	

Melt butter; add flour, seasonings and milk. Cook until thick. This sauce is sufficient to thicken two cups of meat, for all kinds of croquettes. It may be varied by adding two egg yolks or one egg.

FISH HASH. Prepare the fish as for fish balls; chop fine cold potatoes, and mix with the fish. Fry brown six good slices of salt pork; take out the pork and turn the hash into the frying pan; add half a cup

of boiling water; let this heat slowly, stirring often; then spread smoothly, and brown, being careful not to let it burn. When brown, fold it as you would an omelet and garnish the dish with the slices of pork. When the pork is objected to, butter can be used instead.

FISH WITH TOMATO SAUCE. One cup tomatoes, one-half cup water, one-half of an onion sliced. Cook tomatoes, water and onion twenty minutes. Melt one tablespoonful of butter and add one tablespoonful of flour, stir into hot mixture, add one-half teaspoonful salt and one-eighth teaspoonful pepper, cook until it thickens and strain. Put fish in a baking dish and pour the tomato sauce around it. Bake from fifteen to twenty minutes in a moderate oven.

FISH WITH GREEN PEPPER. One and three-quarters cups cold cooked fish, one cup white sauce, one-half small green pepper, one-half slice onion or flavor to taste with extract onion. Salt and pepper.

Cut a slice from stem end of pepper, remove every seed and parboil pepper fifteen minutes. Make a white sauce with one cup milk, two tablespoonfuls butter, two tablespoonfuls flour, bit of bay leaf, sprig of parsley, salt and pepper to taste, scalding the milk with the parsley and bay leaf, cook the onion finely chopped in the butter three minutes, or flavor with onion extract to taste; add the flour when well mingled, the milk, salt and pepper; when thickened and smooth add the fish broken into flakes and the green pepper cut into narrow strips; heat thoroughly, and serve with brown bread sandwiches.

This is easily prepared in chafing-dish, having the green pepper previously cooked.

FISH PUDDING. 1 lb. or pint boiled halibut, half cupful of cream or milk, one and one-half tablespoonfuls of butter, half tablespoonful of flour, one and one-half teaspoonfuls salt, quarter teaspoonful pepper, half teaspoonful onion juice, two eggs.

Pound the fish in a mortar until it is thoroughly mashed, then rub it through a sieve; season the fish pulp with salt, pepper, and onion juice. Put the butter into saucepan; when melted add the flour and cook for a few minutes; then add slowly the cream or milk, stirring constantly until well scalded; then add the fish pulp, take from the fire, add the beaten eggs, and mix thoroughly.

Butter well a mould holding a pint or little more; put in the mixture, pressing it well against the sides to remove any air bubbles. Cover the mold with a greased paper, and set in a pan of warm water covering one-half the mould. Place in moderate oven for thirty minutes, and do not let the water boil.

FISH TOAST. One cup flaked cold fish, free from skin and bones. Heat in water sufficient to moisten; add butter, pepper and salt. When hot pour on slices of buttered toast; garnish with eggs poached in muffin rings.

SALMON LOAF.

$\frac{1}{2}$ cup salmon, fresh or	$\frac{1}{2}$ cup milk
canned	$\frac{1}{2}$ teaspoon lemon juice
$\frac{1}{2}$ cup stale bread crumbs	$\frac{1}{2}$ teaspoon onion juice
1 beaten egg	Salt and pepper to taste

Mix all the above together; put in a buttered baking dish or any buttered tins or custard cups and bake in a moderate oven for about twenty minutes.

SALMON AND RICE. Form freshly boiled rice into flat cakes, brown slightly in butter on both sides and place on a warmed platter. Warm salmon that has been left over and spread over the rice. Over this pour a white sauce into which has been stirred the whites of two hard boiled eggs cut in dice. Garnish with the yolks cut in slices.

SCALLOPED FISH. Two cups cold fish (cod, haddock or halibut), one and one-half cups milk, one slice onion, blade of mace, bit of bay leaf, three tablespoonfuls butter, three tablespoonfuls flour, one-half teaspoonful salt, one-eighth teaspoonful pepper, one-half cup buttered crumbs.

Scald the milk with onion, mace and bay leaf. Remove seasonings. Melt the butter, add flour, salt and pepper, then gradually the milk. Boil three minutes. Put one-half the fish in a buttered baking dish, sprinkle with salt and pepper and pour over one-half the sauce. Repeat, cover with buttered crumbs, and bake until the crumbs are brown in a hot oven.

SCALLOPED HALIBUT. Shred one cupful of cold boiled halibut; pour in the food pan one and one-half cups milk and let come to a boil; add butter size of an egg, salt and pepper, then the crumbs of four crackers, add lastly the halibut; let it cook five minutes, then add two hard-boiled eggs chopped fine, and serve on a hot platter with bits of buttered toast.

LEFT-OVER VEGETABLES

Any left-over vegetables may be used for flavoring soup; also for making creamed soups, scalloped dishes, and hash.

A number of vegetables may be mixed together and used for a salad.

Peas, tomatoes, or beans may be put in an omelette.

Vegetables are not hurt by reheating.

The coarse stalks and roots of celery make a good vegetable dish when cut in pieces and boiled and served with a cream sauce. They also make a good cream of celery soup.

The leaves of celery are valuable in the soup pot for flavoring. Any left over celery leaves can be dried out in a lukewarm oven, put into a glass jar, and kept for flavoring soups, sauces, etc.

Any left-over parsley can be dried out in the same manner and used for the same purpose.

Limp lettuce leaves may be shredded with a scissors and used in any salad.

STUFFED POTATOES. Baked potatoes that are left over must be made into stuffed potatoes before they are heavy and cold. At the close of the meal at which they were first served, cut the potatoes directly into halves, scoop out the inside portion, put it through an

ordinary vegetable press, or mash it fine; add a little butter, salt, pepper and sufficient milk to make a light mixture; stand this over hot water and beat until light and smooth. Put it back into the shells, and stand them aside in a cold place. When ready to serve, brush the top with beaten egg and run them into a quick oven until hot and golden brown.

POTATO CUSTARDS. Stir two cups of cold mashed potatoes, with four tablespoons of milk, over the fire until they are warm and light; take from the fire and add three eggs beaten light with four tablespoons of sugar. Add a teaspoonful of vanilla and stir in carefully a pint and a half of milk. Put this mixture into greased custard cups; stand in a baking pan of hot water and bake in a moderate oven until set, about twenty or thirty minutes.

Where a little cooked meat and, at the same time, mashed potatoes, are left over, the meat may be seasoned with a savory sauce and turned into a baking dish; the mashed potatoes slightly thinned with hot milk and then slightly thickened with flour, can be used as a crust. This makes what is called a potato pie. Four tablespoons of milk and four of flour would be a good allowance to each cupful of mashed potatoes.

SCALLOPED POTATOES. Cut cold boiled potatoes into dice; to each pint of potatoes allow a half pint of cream sauce. Put a layer of the sauce in the bottom of a baking dish, put in the potatoes, season with salt and pepper, cover with another layer of cream sauce, dust the top with bread crumbs, dot here and there little bits of butter, and bake in a moderate oven until a golden brown.

POTATOES au GRATIN. To each four good-sized cold potatoes chopped fine allow a pint of cream sauce, to which you have added four tablespoonfuls of grated cheese; mix the potatoes with the sauce, turn them into a baking dish, dust with cheese, and brown in a quick oven.

BROILED POTATOES. Cut cold boiled potatoes into thin slices lengthwise; dip each slice in a little melted butter, dust it with salt and pepper, and broil it over a clear fire until a golden brown. For dyspeptics it is better to broil the potato first and add the butter after, as the heating of the butter renders it indigestible. Sweet potatoes may be broiled after this same rule, and would be less greasy than when fried.

POTATO CROQUETTES. Cold mashed potatoes may be made into croquettes by adding to each pint four tablespoonfuls of heated milk, the yolks of two eggs, a tablespoonful of chopped parsley, a teaspoonful of grated onion, a quarter of a teaspoonful of pepper; stir over the fire until the mixture is thoroughly heated; form into cylinder-shaped croquettes, dip in egg and rolled bread crumbs and fry in smoking hot deep fat.

VEGETABLE BROWNEED HASH. Chop two or three cold boiled potatoes rather fine, and an equal quantity of chopped carrot, and either string beans or peas, whichever you happen to have left over. You can add to this a cupful of stewed cabbage. Put two tablespoonfuls of butter into a shallow frying pan, mix the vegetables, put

them into the butter, let them stand over a slow fire until they are browned thoroughly and crusted in the bottom. Fold one-half carefully over the other, and press the two halves together; cook just a moment longer, and turn out on to a heated platter. This is a nice dish to serve with omelet and tomato sauce for luncheon or supper.

CURRIED VEGETABLES. Have previously prepared one cup boiled potato, cut in dice, one cup boiled carrots, cut in dice, one-half cup boiled turnips, cut in dice, and one-half cup left-over peas. Cook two slices onion in three tablespoons butter five minutes. Remove onion, and add three tablespoons flour, one teaspoon curry powder, one teaspoon salt, one-fourth teaspoon celery salt, one-fourth teaspoon pepper, and one and one-half cups milk. Stir until smooth, then reheat vegetables in sauce.

LEFT-OVER TOMATOES. A half cup of stewed tomatoes may be used with stock for brown tomato sauce, or for making a small dish of scalloped tomatoes, helping out at lunch when perhaps the family is less in number. The Italians boil down this half cup of tomatoes until it has the consistency of dough; then press through a sieve, add a little salt, pack down into a jelly tumbler and stand in the refrigerator to use as flavoring. A tablespoonful in a soup, or in an ordinary sauce, or mixed with the water for baked beans, or added to the stock sauce for spaghetti or macaroni, adds greatly to the flavor as well as appearance.

TOMATO PASTE. When tomatoes are very plentiful and the supply is greater than the immediate need, it is a good plan to make a paste, which will keep for some time in a cool place. Wash and scald tomatoes. Strain through a fine sieve, and boil until thick. Put in glass jars. This will be found very useful in flavoring soups and sauces.

SCALLOPED TOMATOES. Take any left-over tomatoes and mix with it either pieces of stale bread, left-over macaroni or spaghetti. Fill a baking dish with the mixture, season to taste, spread buttered crumbs over the top and bake in a moderate oven until the crumbs are brown.

SPINACH WITH BAKED EGGS. Form any cold, well-seasoned spinach into a neat border on buttered toast. A full tablespoonful will answer for each piece of toast. Break an egg in the center of each mound. Season, sprinkle very lightly with buttered crumbs. Bake in the oven until the eggs are "set."

CARROT CROQUETTES.

1 cup cooked carrots	1 cup white sauce
1 cup cooked peas	1 egg
Salt and pepper.	

Press carrots and peas through a sieve. Add seasoning, unbeaten egg, white sauce; set away to chill. Form into croquettes, roll in crumbs and egg, and fry in smoking-hot deep fat.

BEETS PRINCESS.

1 tablespoon butter. $\frac{1}{2}$ cup water
2 tablespoons vinegar.

Combine these in the order given and bring to a boil. Then add one teaspoon cornstarch moistened with cold water. Cook until clear. This makes a transparent sauce for warmed over beets.

CREAMED BEETS. Any left-over beets that have been served with butter and no vinegar may be creamed. Chop them coarse, and to each cup of beets allow one cup of white sauce.

PARSNIP CAKES. Use left-over boiled buttered parsnips for making these cakes. Mash, and season with salt and pepper, make into flat, round cakes, dip in flour, and fry in hot melted beef-dripping or butter.

CELERY TOAST. Take the outer and less tender stalks of celery that are often thrown away, cut them into one-half inch pieces and cook in *slightly* salted water until tender. Drain and use one-half cup of this water and one-half cup of milk to make a white sauce. Add the celery to the sauce and pour over slices of nicely browned and buttered toast. Serve very hot.

CREAMED SOUPS FROM LEFT-OVER VEGETABLES. Take the vegetables and press through a sieve. To a pint of vegetable pulp add a quart of stock or water. Thicken with one tablespoon of butter and two tablespoons of flour rubbed together until smooth. Season with butter and salt. Remove from the stove and add one cup of milk. Then strain again, so that it will be perfectly smooth.

LEFT-OVER EGGS

Save your egg shells and use them to clear soups, coffee and jelly.

Dry out the egg shells; then crush them and keep them in a covered glass jar until ready to be used.

Any left-over poached or soft-cooked eggs may be returned to the hot water and cooked until hard. They can then be chopped and used with left-over meat or fish dishes.

Any left-over fried eggs, pieces of omelet or scrambled eggs will improve a meat hash.

When only the yolk of the egg is used, the white can be kept in a cup or glass, covered with a damp cloth, fastened with an elastic band; or, if only the white is used, the yolk can be kept in the same way. The whites of eggs may be used for apple float and for meringue for puddings or pies. The yolks of eggs may be used for scrambled eggs, custard, and omelet.

EGG CROQUETTES. Put five hard-boiled eggs through a vegetable press, or chopper. Put one tablespoonful of butter and two of flour into a saucepan, add a half pint of milk, stir until boiling, add a half

cup of stale, unbrowned bread crumbs, a teaspoonful of salt, a tablespoonful of chopped parsley, a dash of pepper and a half teaspoonful of onion juice; add the eggs, mix and turn out to cool. When cold form into cutlets, dip in egg and then in bread crumbs and fry in smoking hot deep fat. Serve with plain cream sauce. These with peas make an exceedingly nice dish.

COLD BACON AND EGGS. An economical way of using bacon and eggs that have been left from a previous meal is to put them in a wooden bowl and chop them quite fine, adding a little mashed or cold chopped potato, and a little bacon fat, if any is left. Mix and mould into little balls, roll in raw egg and cracker or bread crumbs, and fry in a frying pan; fry a light brown on both sides. Serve hot. This makes a very appetizing dish.

FLOATING ISLAND (using up whites of eggs). Beat up whites of eggs until stiff; gradually beat in a very little powdered sugar and drop large spoonfuls in hot milk in frying pan. Dip milk over egg, that it may cook slightly. Take up in a skimmer and drain. Serve on soft custard with a bit of jelly on top of each spoonful.

APPLE FLOAT. To each cup of left-over apple sauce add the well-beaten white of one egg. The whites must be beaten until perfectly stiff and dry. Then whip apple sauce and egg together with an egg whisk until thoroughly mixed. Serve ice cold.

MERINGUE. One-half tablespoon powdered sugar to each white of egg. Beat the whites till frothy, add the powdered sugar gradually and continue beating. When stiff enough to hold its shape, heap the meringue over the pudding.

SCRAMBLED EGGS (using up yolks of eggs).

3 yolks

Dash cayenne

Dried bread or toast

1 large tablespoon bacon (cut in bits)

$\frac{1}{2}$ cup milk

$\frac{1}{2}$ tablespoon butter

Prepare crisp dry toast, or use oven-dried slices of bread if on hand. Beat eggs slightly, add milk and bacon. Melt butter in hot omelet pan; add the egg mixture, and cook lightly, holding pan up from intense heat. Have hot milk ready in saucepan, dip slices of bread or toast quickly in it, put on hot platter, and pour scrambled eggs over all.

SOFT CUSTARD.

1 pint milk

3 yolks of eggs

Few grains salt

3 tablespoons sugar

$\frac{1}{2}$ teaspoon vanilla or

A piece of lemon rind

Scald milk with lemon rind, beat yolks, sugar and salt together. Combine by pouring hot milk gradually on yolks and sugar, stirring meanwhile. Strain mixture into double boiler and cook until thickened slightly. Remove at once from double boiler and cool. If vanilla flavoring is preferred, add when custard is cold, and omit the lemon rind.

LEFT-OVER CEREALS

Cereals are improved by long cooking. Therefore, oatmeal, hominy, and other cereals which are left over can be added next day to the fresh cooked cereal.

Left-over cereal may be moulded cold with fruit or it may be used in making pancakes, muffins and puddings, and also to make gruels for invalids.

Cold hominy and mush may be cut into squares and fried so that a crisp crust is formed on both sides. This makes an excellent vegetable or breakfast dish.

Cold hominy or farina may be rolled into balls and fried and used in the same way.

Cold rice may be added to soup, made into croquettes, used in a scalloped dish, or it may be mixed with minced meat and egg and fried like an omelet.

CEREALS. Cold boiled rice left over may be mixed with a small quantity of meat, and used for stuffing tomatoes or egg plant; or it may be re-heated or made into pudding, or added to the muffins for lunch, or added to the cornbread.

A cup of left-over oatmeal or cracked wheat or wheatlet may also be added to the muffins or ordinary yeast or corn breads. These little additions increase the food value, make the mixture lighter, and save waste.

A few spoonfuls of left-over rice, hominy, macaroni, or potato mixed with a little chopped meat or fish and a few spoonfuls of gravy or white sauce to moisten it may be put in a baking dish, covered with bread crumbs, and baked in the oven.

RICE MUFFINS No. 1. Separate two eggs; add to the yolks one cup of milk and a cup and a half of white flour; beat thoroughly, add a half teaspoonful of salt, a rounded teaspoonful of baking powder and one cup of cold boiled rice; stir in the well-beaten whites, and bake in gem pans in a quick oven twenty minutes.

RICE MUFFINS No. 2.

2¼ cups flour	1 cup milk
¾ cup hot cooked rice	1 egg
4 level teaspoons baking powder	2 tablespoons melted butter
	½ teaspoon salt
2 tablespoons sugar	

Mix and sift flour, sugar, salt and baking powder; add one-half milk, egg well beaten, the remainder of the milk mixed with rice, and beat thoroughly; then add butter. Bake in buttered muffin rings placed in buttered pan, or bake in buttered gem pans.

FARINA GEMS.

2 eggs	1 cupful of flour
1 cupful of milk	4 level teaspoons of baking powder
1 cupful cold boiled farina	½ teaspoonful of salt

Separate the eggs, add the milk and stir this, *gradually*, into the cold farina. When smooth add the salt, baking powder and flour, mixed. Beat, and then add the well-beaten whites of eggs. Bake in gem pans in a quick oven a half hour.

TO FRESHEN UP RICE OR BREAD PUDDINGS. Remove crust from yesterday's pudding and turn the pudding into smaller dish. Add hot milk and (to a bread pudding) fresh crumbs for top, dotted over with butter. Bake again. Rice pudding may be reheated with hot milk, or if to be served cold, covered with a meringue flavored with lemon juice and browned.

RICE CROQUETTES. To make cold boiled rice into croquettes, the rice must be reheated in a double boiler with a gill of milk and the yolk of an egg to each cup; you may season with sugar and lemon or salt and pepper, and serve as a vegetable. Form into cylinder-shaped croquettes; dip in egg and bread crumbs, and fry in smoking hot deep fat.

SIMPLE RICE PUDDING. Put into a double boiler one quart of milk; allow it to cook for thirty minutes; then add two tablespoonfuls of sugar, a grating of nutmeg, and one cup of cold boiled rice; turn this into a baking pan, and bake in a quick oven thirty minutes. Serve cold. Raisins may be added when it is put into the baking pan.

PLAIN FARINA PUDDING.

2 cups of milk	1 cup left-over farina or cream of
1½ cups of sugar	wheat
2 eggs	1 teaspoon of vanilla

Put the milk in a double boiler, add the sugar and the cold left-over farina. Stir until thoroughly hot, then add the eggs, well beaten, and the vanilla. Turn into a baking dish and put in the oven until brown. Serve cold, with milk or cream.

APPLE FARINA PUDDING. Pour the left-over breakfast porridge into a square mould and stand it aside. At luncheon or dinner time cut this into thin slices, cover the bottom of a baking dish with these slices, and cover these with sliced apples, and so continue until you have the ingredients used, having the last layer apples. Beat an egg, without separating, until light, add a half cupful of milk and a saltspoonful of salt, then stir in a half cupful of flour. When smooth pour this over the apples and bake in a quick oven a half hour. Serve with milk or with hard sauce.

OATMEAL OR HOMINY MUFFINS.

1 cup cooked oatmeal or	4 teaspoons baking powder
cooked hominy	½ teaspoon salt
1½ cups flour	½ cup of milk
2 tablespoons sugar	1 egg
2 tablespoons melted butter	

Mix and sift flour, sugar, salt and baking powder; add one-half of the milk, the egg well beaten, the remainder of the milk mixed with oatmeal or hominy, and beat thoroughly; then add butter. Bake in buttered muffin rings placed in buttered pan or bake in buttered gem pans.

CORNBREAD.

1 cup cornmeal	1 tablespoon melted beef dripping
$\frac{1}{2}$ cup flour	$\frac{1}{2}$ teaspoon soda
1 well-beaten egg	1 tablespoon sugar
1 cup sour milk	$\frac{1}{2}$ teaspoon salt

Dissolve soda in hot water; put with sour milk. Sift and mix dry materials; add egg, milk and dripping. Bake in muffin tins thirty minutes.

CEREAL MOULDED WITH FRUIT. Take cream of wheat or wheatina left from breakfast. If very stiff, add a little milk or water and stir into it a few scalded cut-up dates or figs. Pour into a mould and serve cold as a dessert with sugar and cream.

CEREAL GRIDDLE CAKES.

1 cup sweet milk	1 cup cooked cereal
1 cup flour	1 egg
2 teaspoons baking powder	1 teaspoon salt

Beat the egg and cooked cereal together until light and smooth and stir in the milk. Sift the flour and salt together and add to the cereal mixture. When ready to bake the cakes, stir in the baking powder and beat the batter vigorously.

SHREDDED WHEAT GRUEL.

2 shredded wheat biscuits	1 quart boiling water
2 teaspoons salt	2 cups milk

Cook biscuit, salt and water together for 20 minutes, stirring occasionally. Then add the milk and strain.

OATMEAL GRUEL. Boil two-thirds of a cup of well-cooked oatmeal in one cup of boiling water fifteen minutes. Add an equal amount of milk, a few grains of salt, and a grating of nutmeg. It may be served strained or unstrained.

STALE BREAD

Small bits of stale bread may be slowly dried in the oven until crisp and brittle, then ground in a meat chopper or rolled. These bread crumbs should be kept in a covered glass jar and may be used for frying croquettes, etc.

Larger pieces of stale bread may be eaten with soup in place of crackers, or used to make croutons for soup (croutons are little squares of bread fried in fat. They are usually served with pea, bean and creamed soups).

Small pieces and broken slices of stale bread may be used for stuffing, for griddle cakes, bread omelet and puddings.

BREAD MUFFINS. Cover a quart of bits of bread that have been broken apart, with one pint of milk; soak for fifteen minutes, then with a spoon beat until you have a smooth paste; add the yolks of three eggs, a tablespoonful of melted butter and one cup of flour that has been sifted with a heaping teaspoonful of baking powder. Mix in carefully

the well-beaten whites of the eggs, and bake in muffin pans in a quick oven about twenty minutes.

BREAD CROQUETTES. Rub sufficient stale bread to make one quart of crumbs; add four tablespoons of sugar, a half cup of cleaned currants, or any fruit that you have left over, and a grating of nutmeg; sprinkle a teaspoonful of vanilla over this and add sufficient beaten eggs (about three) to moisten the crumbs. Form into small cylinder-shaped croquettes, dip in egg and roll in bread crumbs and fry in smoking hot deep fat. Serve hot with sugar syrup.

BREAD OMELET.

3 eggs	$\frac{1}{2}$ cup of bread crumbs
$\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ cup of milk
1 dash of black pepper	Piece of butter size of walnut

Beat the eggs separately. Add to the yolks the milk, salt, pepper and the bread crumbs. Now stir into this, carefully, the beaten whites; mix very lightly. Put the butter in a very smooth frying-pan; as soon as hot turn in the mixture gently, and set it over a clear fire, being very careful not to burn; shake occasionally to see that the omelet does not stick. Now stand your frying-pan in the oven for a moment to set the middle of the omelet. When done, toss it over on a warm platter to bring the brown side of the omelet uppermost; or, it may be folded in half and then turned out in the center of the platter. Serve immediately or it will fall.

BREAD CEREAL. Dry bread in the oven until crisp and brown. Roll on board, or put through meat grinder, having crumbs coarse. Serve warm as a breakfast food with cream.

BREAD STICKS. Remove crusts from any slices of stale bread and cut in strips about five inches long and one-half inch wide. Roll in melted butter and brown delicately in the oven, or fry in smoking hot deep fat without rolling in butter. These can be served with cheese instead of crackers.

CHEESE BOXES. Cut stale bread in slices one-third of an inch thick, remove crusts, and cut slices in pieces three by one and one-half inches. Remove centres, leaving bread in box-shaped pieces. Fit in each box a thin slice of mild cheese, sprinkle with salt and paprika, and cover with a thin piece of the bread which was removed with the centre. Fry in a hot saucepan, using enough butter to prevent burning.

BREAD PUDDING.

3 eggs	2 tablespoons butter
2 cupfuls bread crumbs	1 quart milk
$\frac{1}{2}$ teaspoon cinnamon	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup raisins	Little nutmeg

Scald milk. Add butter and bread crumbs. Beat eggs light and add with salt and spice to bread mixture. Bake in moderate oven about an hour.

BROWN BETTY. Place alternate layers of chopped apples and stale bread crumbs in buttered baking dish, having crumbs on bottom.

Add cinnamon and sugar to each layer of apples, using more sugar if apples are sour. The top layer should be buttered bread crumbs. Bake in moderate oven until crumbs are brown.

BREAD GRIDDLE CAKES (with sour milk). Use equal quantities of sour milk and small broken pieces of bread. Mix and let stand, covered, over-night. When ready to use, put through colander. For each pint of mixture use one egg, one teaspoonful of soda, one teaspoonful of sugar, $\frac{1}{4}$ teaspoon salt and about $\frac{3}{4}$ of a cup of sifted flour. It is always well to bake a small cake first, that any lack in ingredients may be remedied at once. An extra yolk or small amount of uncooked egg may be added if at hand. Bake on hot griddle.

FRIED BREAD. To an egg, well beaten, add one cup of milk, or a little water. Dip pieces of stale bread in this and then fry them in butter or dripping.

STALE CAKE

STALE CAKE WITH CUSTARD. Moisten with lemon juice enough stale cake to cover the bottom of a glass dish holding a quart. Make a soft custard by scalding two cups of milk and pouring it slowly upon two beaten egg yolks, mixed with three tablespoons of sugar, one teaspoon of butter, and a little salt. Cook in a double boiler until thickened. Strain and when partly cool add one-half teaspoon of vanilla, and pour over the cake. When ready to serve, beat the whites to a stiff froth, adding one tablespoon of sugar and a little lemon juice while beating. Drop lightly, by spoonfuls, on top of the custard and put a few bits of jelly on the meringue.

TRIFLE. Cut stale cake into slices and spread preserves between them. Lay in a deep dish and spread over with meringue or whipped cream.

CHEESE

All the little dried pieces of cheese should be grated and put in a covered glass jar. These cheese crumbs are excellent for many made-over dishes and are particularly good with starchy foods, such as potatoes, macaroni, etc.

Very tasty crackers can be made by spreading this grated cheese on crackers, seasoning them, and then putting them in the oven for a few minutes.

SOUR MILK OR CREAM

No sour milk or cream should be wasted. Put it into an earthen or glass jar, little by little, until you have half a cup or a cupful. As soon as it thickens use it for cottage cheese, griddle cakes, biscuits, cornbread or gingerbread.

Sour cream may also be used for filling for cake.

COTTAGE CHEESE. Place a panful of milk which has soured enough to become thick, or clabbered, over a pan of hot water. Let it heat slowly until the whey has separated from the curd; do not let it boil, or the curd will become tough; then strain it through a cloth and press out all the whey; stir into the curd enough butter, cream, and salt to make it a little moist and of good flavor. Work it well into a spoon until it becomes fine grained and consistent, then mould it into balls of any size desired.

SOUR MILK GRIDDLE CAKES.

1 cup thick sour milk	$\frac{3}{4}$ cup flour
$\frac{1}{2}$ cup cooked cereal	1 teaspoonful soda
1 egg	$\frac{1}{8}$ teaspoonful salt

Beat sour milk, cereal and egg well together. Sift flour and salt and add them. When ready to bake the cakes, add the soda and beat the batter vigorously. It should look like thick cream. If too thin, add a little more flour; if too thick add more sour milk or a little water.

EMERGENCY BISCUITS.

2 cupfuls flour	1 cup thick sour milk
1 tablespoonful butter	1 teaspoonful salt
	$\frac{1}{2}$ teaspoonful soda

Sift flour, salt and soda well together. Rub in the butter with a spoon. Add the milk and stir lightly. The dough should be soft. Drop by spoonfuls into greased muffin tins and bake in a hot oven about twenty minutes.

SOUR CREAM GINGERBREAD, No. 1.

1 egg	2 teaspoons soda
$\frac{1}{2}$ cup molasses	3 teaspoons ginger
$\frac{1}{2}$ cup sugar	2 teaspoons cinnamon
$\frac{3}{4}$ cup sour cream	$\frac{1}{2}$ teaspoon salt
	2 cups flour

Mix and sift the dry ingredients three times. Beat egg, add cream, molasses and remaining ingredients, and beat until smooth. Pour into buttered pan and bake in moderate oven 20 to 30 minutes.

SOUR CREAM GINGERBREAD, No. 2.

2 tablespoons melted butter	$\frac{1}{2}$ cupful sour milk
$\frac{3}{4}$ cupful molasses	1 teaspoon baking soda
1 egg	2 cupfuls flour
	1 tablespoon ginger

Mix molasses, sour milk and beaten egg well together and add the ginger, salt and flour. Dissolve the soda in a very little hot water and add it. Beat in the melted butter at the last. Bake in a shallow pan or muffin tins in a moderate oven about 25 minutes.

SOUR CREAM FILLING FOR CAKES, No. 1. Sweeten and chill a cupful of sour cream. Whip it, keeping it cold while doing so. When stiff add a cup of chopped nuts. If cream does not become stiff, add one teaspoonful of melted gelatine at the last and set on ice. This makes an excellent filling for layer cakes.

SOUR CREAM FILLING FOR CAKES, No. 2. Follow directions for No. 1, using equal quantities of sour cream, chopped nuts and raisins. Add a little lemon-juice and powdered sugar.

FRUIT

Any fresh fruit that has become soft should be cooked at once with a little sugar added, to make a sauce, or it can be made into jelly.

Any left-over canned fruit may be rubbed through a sieve and used for a sauce. It may be put into ice cream or moulded into a cornstarch or rice mixture.

Apple parings and cores should be stewed to a pulp and then strained. This will make a jelly, which, spread on apple tart, will greatly improve it. It can also be used for flavoring tapioca pudding.

Orange peel and lemon peel may be used for flavoring sauces and stewed fruits. They can be dried and kept in a glass covered jar until used.

FRUIT SAUCE (made from fresh fruit that is slightly softened). Cook the fruit with a little sugar until the juice flows freely. Then beat some powdered sugar, the fruit juice and pieces of fruit together. Whip the white of an egg very light, and add to the beaten fruit and sugar, or add fruit gradually to the unbeaten egg white and beat for some minutes.

APRICOT, PEAR OR PEACH SAUCE (from left-over canned fruit). Beat some powdered sugar, fruit juice and the pieces of left-over canned fruit together. Add fruit gradually to an unbeaten egg white and beat some minutes; or whip the white of egg very light and add to beaten fruit and sugar. Sauce made in the first way will last longer.

CORNSTARCH PUDDING.

1 pint of milk	1 well-beaten egg
4 tablespoons cornstarch	$\frac{1}{4}$ teaspoon salt
mixed with a little cold	$\frac{1}{2}$ cup chopped cooked peaches,
water	apricots or pears
$\frac{1}{2}$ cup sugar	1 teaspoon vanilla

Scald milk; then stir in cornstarch mixed with a little cold water, and cook five minutes in double boiler. Place upper part of double boiler on fire, let corn-starch boil, return boiler to place, add sugar, egg and salt beaten together, and cook two minutes, stirring continually. Flavor with vanilla, add fruit, and pour into mould. Chill and serve with sugar and cream. An excellent way of using up small amounts of canned fruits.

SAUCES

WHITE SAUCE.

2 tablespoons flour	1 cup milk
2 tablespoons butter	$\frac{1}{2}$ teaspoon salt
$\frac{1}{8}$ teaspoon white pepper	

Mix flour and butter together until no flour can be seen. Add milk slowly and stir over moderate fire until it thickens. Remove from the fire and add salt and pepper.

TOMATO SAUCE.

$\frac{1}{2}$ can tomatoes	1 clove
1 slice onion	2 tablespoons flour
1 bay leaf	2 tablespoons butter

Cook tomatoes, onion, bay leaf and clove together for ten minutes; strain. Rub flour and butter together until smooth and add strained tomatoes. Cook over moderate fire until the sauce thickens.

BROWN SAUCE.

2 tablespoons butter	1 cup brown stock
$\frac{1}{2}$ slice onion	$\frac{1}{4}$ teaspoon salt
3 tablespoons flour	$\frac{1}{8}$ teaspoon pepper

Cook onion in butter until slightly browned; remove onion and stir butter constantly until well browned; add flour mixed with seasonings, and brown the butter and flour; then add stock gradually.

LEMON SAUCE.

2 teaspoons arrowroot or corn-	1 cup sugar
starch	Grated rind and juice 1 lemon
2 cups water	$1\frac{1}{2}$ tablespoons butter

Mix arrowroot or cornstarch with sugar. Add boiling water and cook twenty minutes. Add flavoring and butter. Serve hot.

SUGAR SYRUP. Put two cupfuls of sugar and a half cupful of water into a saucepan on the fire. Stir until the sugar is dissolved, then let it cook slowly without touching it for about 10 minutes, or until it is a clear syrup.

MAYONNAISE DRESSING. Success in making a mayonnaise dressing generally depends upon all the ingredients being of the same temperature.

1 egg	1 tablespoon vinegar
1 teaspoon salt	1 tablespoon lemon juice
$\frac{1}{4}$ teaspoon cayenne	1 cup olive oil
1 teaspoon mustard	$\frac{1}{4}$ teaspoon paprika

Mix salt, cayenne, mustard and paprika. Beat yolk well, and add to seasonings; beat until mixture is thick, adding olive oil, drop by drop, for the first four tablespoons, then more rapidly until oil is used, thinning as needed with lemon juice and vinegar. Beat up the white of the egg until perfectly stiff and dry, add to the above and mix thoroughly.

DRIPPINGS

Clarify all beef fat and drippings, the grease which arises on soup stock, and the fat from poultry. Keep it in a clean jar or tin pail for frying.

Fat from fried bacon is excellent for browning and seasoning.

Equal parts of chicken fat, flank suet and butter make an excellent shortening for biscuits, muffins and pastry. Marrow from beef bones is

excellent for shortening. It also makes a tasty luncheon dish, served on toast.

DEVEILED MARROW ON CRACKERS. When marrow is not wanted in the soup, it can be served on crisp crackers for lunch. Scrape marrow bones, wash them well and cover top and bottom with paste made of flour and water. Tie in clean cheese cloth and boil for three-quarters of an hour. Remove cloth and paste, take marrow out from bones and season highly.

SOAP

TO MAKE WHITE HARD SOAP. Save every scrap of fat each day; try out all that has accumulated, however small the quantity. This is done by placing the scraps in a frying-pin on the back of the range. If the heat is low, and the grease is not allowed to get hot enough to smoke or burn, there will be no odor from it. Turn the melted grease into lard pails and keep them covered. When six pounds of fat have been obtained, turn it into a dish-pan; add a generous amount of hot water, and stand it on the range until the grease is entirely melted. Stir it well together; then stand it aside to cool. This is clarifying the grease. The clean grease will rise to the top, and when it has cooled can be taken off in a cake, and such impurities as have not settled in the water, can be scraped off the bottom of the cake of fat.

Put the clean grease into the dish-pan and melt it. Put a can of Babbitt's lye in a lard-pail; add to it a quart of cold water, and stir it with a stick or wooden spoon until it is dissolved. It will get hot when the water is added; let it stand until it cools. Remove the melted grease from the fire, and pour in the lye slowly, stirring all the time. Add two tablespoonfuls of ammonia. Stir the mixture constantly for twenty minutes or half an hour, or until the soap begins to set.

Let it stand until perfectly hard; then cut it into square cakes. This makes a very good, white hard soap which will float on water. It is very little trouble to make, and will be found quite an economy in a household. Six pounds of grease make eight and a half pounds of soap.

Save all pieces of soap that are too small to handle. Melt them in a little water over a slow fire and then put it into glass-covered jars. This makes a jelly-like substance which can be used for washing dishes, boiling clothes or any other purpose for which soap is used.

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